

Natural Laxative Elderberry may also help with constipation. A small, randomized trial looked at a compound commonly used in Brazil to treat constipation. The compound contains elderberry. The results of the study indicate that this elder-centric remedy is an effective natural laxative for the treatment of constipation

May Improve Heart Health Although the studies in this field have found mixed results, there is research suggesting that elderberry benefits may improve cardiovascular health. When mice with high cholesterol and HDL cholesterol dysfunction were given anthocyanin-rich black elderberry extract, they had a reduction in hepatic cholesterol levels with improvement in HDL function. This may be due to the presence of anthocyanins, which are polyphenols found in elderberry that have demonstrated antioxidant and anti-inflammatory activities.

And another study found that elderberry extract may have beneficial effects on high blood pressure. When polyphenols extracted from the elderberry plant were given to rats with hypertension, in combination with renin inhibitors, they reduced arterial pressure. Researchers suggest that using polyphenols, like those found in elderberry, to lower blood pressure may also help to reduce the side effects of antihypertensive agents and improve patient quality of life.

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What is Elderberry Syrup

Elderberry syrup is one of those old-fashioned remedies your great-great-grandmother might have used to fight a cold or flu. Native Americans and European herbalists have long used elderberries for their supposed range of health benefits. These include boosting the immune system to help the body fight off colds, flu, and other respiratory infections. But the potential immune health benefits of elderberry syrup are still embraced by many in today's world of modern medicine. "There's wisdom in the natural world, and my preference is using plant medicine in lieu of pharmaceuticals when there's little or no risk. Elderberry is one I feel good about because it's been used for so long and in so many different cultures," says Dr. Julia Getzelman, a San Francisco pediatrician. The benefits of elderberry syrup aren't just for kids. The supplement is used by people of all ages.

Immune System Supporter

Elderberries contain:

- Vitamin C, which helps several important cells in the immune system (such as T cells) perform their jobs.
- Vitamin A, which helps regulate immune responses.
- Powerful plant chemicals (phytochemicals) called flavonoids that appear to help health in many ways. For example, flavonoids may help fight inflammation and cancer.
- Vitamins and phytochemicals are also powerful antioxidants – compounds that fight free radicals (molecules that damage cells). "That means that they can support the immune system in the removal of harmful reactive oxygen species," Holland says.

Germ Fighter?

One of the health benefits of elderberry syrup may be an ability to fight harmful viruses (such as a cold or flu virus).

"Elderberry is thought to have neuraminidase inhibiting activity.

What this means is that it will block the viral neuraminidase – (an enzyme) which allows the virus to be released from an infected cell after replicating – of influenza viruses specifically," Holland says.

“Essentially, if elderberry does contain this property, it may prevent viral reproduction by blocking the release from an already infected cell.”

How might that help?

Elderberry might shorten the severity and duration of symptoms.

For example:

- “Studies have looked at people on an airplane exposed to a cold virus, and those who used elderberry had less severe and shorter duration of symptoms,” Getzelman says.
- A small, randomized trial in Norway found that people with flu symptoms who took elderberry syrup four times a day for five days experienced symptom relief an average of four days earlier than people in the study who took a placebo.

Fighting colds and flu

There is some evidence to support the claim that elderberry can help treat colds and flu, though the available studies are small.

A systematic review from 2010 concluded that elderberries might have antioxidant and antiviral effects, though the authors state that more research is needed.

In one study, 60 people with flu-like symptoms took 15 milliliters (ml) of elderberry syrup four times a day. Their symptoms improved 4 days before the people who took a placebo.

In another study, 32 people with flu-like symptoms took lozenges containing 175 milligrams (mg) of elderberry extract four times a day for 2 days. After 24 hours, they reported an improvement in symptoms, such as fever, headache, muscle aches, and nasal congestion.

A double-blind, randomized control trial looked at whether elderberry extract could prevent people from experiencing cold-like symptoms after traveling on an airplane. People took lozenge containing 300 mg of elderberry extract and 150 mg of rice flour twice a day for 10 days before traveling

Researchers found that the capsules did not prevent the symptoms, but people who took elderberry had less severe symptoms that lasted for a shorter time.

Sinus Infection Aid | With elderberry’s anti-inflammatory and antioxidant properties, it makes sense that it can help sinus issues. A sinus infection is a condition in which the cavities around the nasal passages become inflamed, and this antiviral herb has promise as a sinus infection natural remedy.

Treating acne

Elderberry fruit contains high levels of flavonoids, which means it might have anti-inflammatory and antioxidant properties. These help to protect healthy cells from harmful free radicals that play a role in skin problems. The American Nutrition Association (ANA) suggest that using an elderberry face wash can help fight acne because of its antiseptic effects.

Reducing wrinkles

Elderberries contain high levels of vitamin A. The ANA also say that elderberries may soothe the skin, help ease the appearance of age spots, and prevent or lessen wrinkles.

Reduces Inflammation

Elderberry displays numerous anti-inflammatory activities, particularly related to its anthocyanin and vitamins A and C contents. Inflammation has shown to be the root of many chronic diseases, which may label elderberry as a contender against the fight against cancer, diabetes, and heart disease.

Acts as A Natural Diuretic

Diuretics increase the amount of water and salt expelled from the body in the form of urine and are mostly used to treat high blood pressure. There has been some indication elderberry offers diuretic properties, along with acting as a laxative in the treatment against constipation.